

KICKING KARMA'S ASS AUTHOR LAUNCHES NEW WEBSITE FOR HOLIDAY SEASON

Features Free Inspirational Materials, New Barnes and Noble Purchase Option and New Merchandise Line

JACKSON, NEW JERSEY, USA, November 22, 2023 /EINPresswire.com/ -- Pat Miller, author of "Kicking Karmas Ass: Unbelievable Stories of Strength, Resilience and Perseverance, All Told with a Twist of Humor, has launched her new website www.kickingkarmasass.com just in time for the holiday shopping season.

In celebration, Miller is sharing her "Sanity Saving Tips," inspired by her book, as a free download to all who visit the site.

One of New Jersey's true female trailblazers, Miller also is the owner of Blue Diamond Construction. She works on building sites all around state and has spent more than three decades as a woman who really does work in a man's world.

As an entrepreneur, mother and wife, life has always been full – and full of surprises. But several years ago, those surprises became almost unbearable. Within the space three years, she lost both her parents, her brother and the love of her life – her husband and business partner, Ray. And, in the process of caring for them all, she also almost lost her multi-million-dollar business.

In her book, Miller recounts with humor, insight and love the obstacles life has thrown in her way and how she made the decision to "Phoenix Up" – to rise from the ashes and not let those challenges define her, even though they have shaped her.

Hysterical, sad and incredible, the book's message is clear: If you've ever felt like life was kicking

Sanity Saving Tips When You Are Kicking Karma's Ass

When Starting Over

After losing my parents, my brother and the love of my life, my husband Ray in a few short years and then nearly losing my business, I know a lot about starting over. It isn't easy. It may not work out how you hope. Sometimes it works out even better. Here's what I learned to make it through.

- Be Strong.
- Dig Deep.
- Work Your Network.
- Stay Determined.
- Ask for Help.
- Remain Confident.

When Dealing with Labels

Having spent the last 30-plus years working as a woman in a man's world — construction, I've dealt with more than my fair share of being put in a "box." I can't tell you how many times I've been the only woman on a job, the challenges I've faced and what happens when everyone realizes not only am I the boss, but I own the construction company. Here's how I have dealt with being labeled.

- Tell people who you are. Always.
- Let people know it isn't acceptable for them to define you based on their own limited experiences.
- Set boundaries with people who don't or won't respect you.

When Looking for Signs from Above

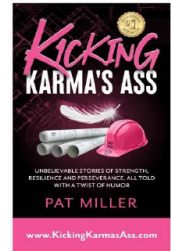
As I was starting over, I kept asking my loved ones to send me a sign that I was heading in the right direction. I was frustrated that I didn't seem to be getting any. But then I changed my perspective. I realized that I was so caught up in my struggles that I may have been missing the signs all along. Here's my approach now.

- Keep asking for signs.
- Be open to receiving them.
- Pay attention or you might miss what's right in front of you.

Three Pieces of Advice for Kicking Karma's Ass

1. Choose to move toward the positive and leave the negative behind.
2. Know money is best spent on making memories, not acquiring stuff.
3. Keep pushing forward and let the universe take care of the rest for you.

Learn more about how I used these tips in my new best-selling book *Kicking Karma's Ass: Unbelievable Stories of Strength, Resilience and Perseverance, All Told with a Twist of Humor*. Get your copy today: www.kickingkarmasass.com. Follow me on social @kckngkarmasass.



Pat Miller's Sanity Saving Tips based on her internationally best-selling memoir, "Kicking Karma's Ass: Unbelievable Stories of Strength, Resilience and Perseverance, All Told with a Twist of Humor."

you in the ass and you wanted to give up, DON'T.

Told with gritty wit and even grittier wisdom, Pat offers up stories from her life that are funny, sad, charming, heartbreaking – and always real. It is an inspirational tale of pulling up your boots – in this case, a steel-toed, designer pair – and getting on with life. And, learning how to kick karma's ass when it feels like karma is not on your side.

Inspire everyone on your holiday shopping list with their very own copy now available exclusively at Barnes & Noble and Amazon. In addition, Miller recently launched a line of "Kicking Karma's Ass" merchandise featuring t-shirts, sweatshirts, tumblers, coffee mugs, caps and blankets.

Check it all out on her website: www.kickingkarmasass.com.

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